



 100%
HEALTH SCORE

Tuscan Pot Roast

 Dairy Free  Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



2047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes with 1/2 cup liquid reserved italian-style drained canned
- 5 carrots peeled halved lengthwise cut into thirds
- 3 lb blade roast boneless
- 0.3 cup flour divided
- 0.5 lb mushrooms fresh halved
- 4 cloves garlic minced
- 2 pasilla peppers green quartered
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft

- 2 tsp penzey's southwest seasoning dried italian
- 1 onion coarsely chopped
- 0.3 cup water

Equipment

- frying pan
- paper towels
- whisk
- dutch oven
- cutting board

Directions

- Pat meat dry with paper towel. Coat evenly with 2 Tbsp. flour.
- Heat Dutch oven or large deep skillet on medium heat.
- Add 2 Tbsp. dressing and meat; cook meat 2 to 3 min. on each side or until browned on both sides.
- Remove meat from pan; set aside.
- Add remaining dressing, mushrooms, carrots, peppers and onions to pan; cook and stir 2 to 3 min. or until vegetables are lightly browned, stirring frequently to scrape up browned bits from bottom of pan.
- Add garlic; cook 1 min. or until fragrant, stirring occasionally.
- Add tomatoes with reserved liquid and Italian seasoning; stir. Return meat to pan; bring to boil. Cover; simmer on low heat 2 to 2-1/2 hours or until meat is tender, turning meat occasionally.
- Transfer meat to cutting board; cover to keep warm. Spoon vegetables onto serving platter, reserving meat juices in pan.
- Mix remaining flour and water; gradually whisk into juices in pan. Cook and stir on medium heat 3 to 5 min. or until thickened. Slice meat across the grain; place on platter with vegetables.
- Serve with gravy.

Nutrition Facts

PROTEIN 55.79% FAT 19.11% CARBS 25.1%

Properties

Glycemic Index:263.83, Glycemic Load:46.59, Inflammation Score:-10, Nutrition Score:86.193043397821%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 11.57mg, Luteolin: 11.57mg, Luteolin: 11.57mg, Luteolin: 11.57mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg

Nutrients (% of daily need)

Calories: 2047.2kcal (102.36%), Fat: 44.72g (68.81%), Saturated Fat: 13.69g (85.53%), Carbohydrates: 132.22g (44.07%), Net Carbohydrates: 105.05g (38.2%), Sugar: 53.51g (59.46%), Cholesterol: 0mg (0%), Sodium: 1932.48mg (84.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 293.86g (587.72%), Vitamin A: 52772.88IU (1055.46%), Vitamin B6: 14.31mg (715.56%), Vitamin B3: 110.31mg (551.57%), Zinc: 60.66mg (404.42%), Vitamin B12: 24.18µg (402.94%), Selenium: 256.5µg (366.42%), Phosphorus: 3511.47mg (351.15%), Vitamin C: 262.83mg (318.58%), Vitamin B2: 5.3mg (311.97%), Potassium: 8618.67mg (246.25%), Iron: 42.75mg (237.52%), Vitamin B1: 3.4mg (226.79%), Copper: 3.88mg (194.18%), Vitamin B5: 14.56mg (145.62%), Magnesium: 523.19mg (130.8%), Vitamin K: 134.96µg (128.53%), Manganese: 2.53mg (126.68%), Fiber: 27.17g (108.69%), Folate: 277.94µg (69.49%), Vitamin E: 9.88mg (65.85%), Calcium: 440.8mg (44.08%), Vitamin D: 0.45µg (3.02%)